



# The Pupil Premium Newsletter

## Supporting Pupil Premium students through the exams

To all parents/carers and students, welcome to the “exam edition” of our Pupil Premium Newsletter. In this newsletter we hope to provide you with lots of useful hints and tips on getting through the GCSE examinations in the summer as successfully as possible. By now, revision should be in full swing, we have provided our Pupil Premium students with a revision pack, revision timetable and a list of revision techniques to try. Furthermore, hopefully students have been to collect their revision guides from the science prep room and have still got the scientific calculator and exam pack we provided them with at the beginning of year 10. If your child has not been given any of these resources, please contact us as soon as possible.

Over the Easter break subject teachers will be hosting revision sessions, offering students the opportunity to come to school and revise for the upcoming exams or complete outstanding coursework in subjects such as Art and Graphics. We would like to encourage students to look at the list and attend any sessions they feel will help them to prepare for the summer exams. Furthermore, it has never been more important to keep attending the extended support sessions hosted after school or at lunch time by subject teachers. Information on extended support sessions can be found in all classrooms.

We understand that for students and parents/carers, GCSE exams can create feelings of stress and worry. While a small amount of stress and worry is normal, we do not want students or parents/carers to experience stress and worry that becomes unmanageable. With this in mind, please contact the Pupil Premium Team should you have any concerns and we will endeavour to support you and your child as best we can.

All that remains is to thank students for all their hard work and dedication this term and parents/carers for their continued support. We hope that, while students continue to commit themselves to revising over the Easter holidays, they also have a restful and well deserved break.

Best Wishes,

The Pupil Premium Team

*Exam Edition*

## BE EXAM READY!

There are several key things students can do to make sure they are properly prepared for an exam. Of course, this includes revising thoroughly. As well as effective revision, doing the following things will help to prepare for an exam on the day:

- ⇒ **Have breakfast!** Breakfast is the most important meal of the day, without it your concentration levels simply will not be as good. This means you might not perform as well in an exam as you would if you'd had breakfast. As a Pupil Premium student you are entitled to a **FREE** breakfast—please make the most of it!
- ⇒ **Stay hydrated!** Having enough to drink before an exam is essential for hydration and concentration. Remember, if you bring a drink to the exam it needs to be in a clear plastic bottle with labels removed.
- ⇒ **Get a good night's sleep!** Teenagers need 8-10 hours sleep per night, cramming before an exam into the early hours of the morning is NOT effective.
- ⇒ **Warm up!** There will be warm up sessions on offer just before the exams take place, spending half an hour recapping some of the information you need to remember with your teacher could make all the difference.
- ⇒ **Do your best!** By now, you will have done as much revision as possible and making sure you're well rested, hydrated and warmed up is the final thing you can do to prepare. At this point, it is important to remember to keep calm and do the best you can!



KEEP  
CALM  
AND  
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BEST

## Exam Worries Drop-in

The Pupil Premium Team are aware that, for some, the prospect of GCSE exams can raise feelings of worry and stress. Experiencing some worry around exams is completely normal, however we would like to help students to make sense of their worries around exams and hopefully relieve some of the stress they might be experiencing.

We will therefore be running a weekly **Exam Worry Drop-in** session on **Tuesday lunchtimes, in G39**. Students can come and speak to a member of staff about any feelings they are experiencing about taking their GCSE exams. We will listen to students and help them to understand what they are experiencing and offer some tips on how to manage their exam worries.

The **Exam Worry Drop-in** sessions will begin after the Easter break.

You are not alone in feeling worried about your exams, but if you do feel worried, please come along and have a chat...



**Feeling a little worried, nervous or stressed about exams is normal, but here are some tips on how to avoid it:**

- ⇒ **Eat Well** - a balanced, healthy diet is vital for feeling well during exam time
- ⇒ **Sleep Well** - good sleep improves thinking and concentration and teens need about 8-10 hours of sleep per night. Cramming for an exam the night before will not be as productive as a good nights sleep before an exam will be.
- ⇒ **Exercise** - Exercise can help boost energy levels, clear the mind and relieve stress.
- ⇒ **Study Space** - have a comfortable, calm place to study.
- ⇒ **Reward Yourself** - once you have spent some time revising, reward yourself by doing something you enjoy eg. playing sport, watching TV or reading.
- ⇒ **Give yourself a break** - spend some time relaxing and doing something you enjoy, revising constantly is not productive and will increase stress levels.

### PTO for useful revision tips!

Revision does not have to be all about reading books, it really doesn't matter how you revise, as long as it works! On the next page, you will find eight different revision techniques - why not give some of them a go? You never know, they might be the best revision technique for you!

## 1. MNEMONICS

Useful for learning key words and forcing students to develop their thought processes by rearranging information.

**Example: Science**

**My Very Easy Method Just Speeds Up  
Naming Planets**

## 2. PODCASTS

A great way to learn is to record your notes on to MP3 and listen to them on your mobile phone or iPod.

There are also some podcasts for your subjects to download from the Learning Platform or iTunes.

## 3. FLASH CARDS

To condense your revision notes, try transferring the key points for each topic onto a flash card.

Alternatively, test yourself with a question on the front and answer on the back.

## 4. COLOUR CODING

Use colours to link together all the knowledge you need for a topic - you could use different coloured highlighters to select key points in your notes or create revision cards on different coloured pieces of paper.

This will also break your revision down into manageable chunks.

## 5. QUICKFIRE PLANNING

Looking at past exam papers is one of the most useful ways to revise. Try planning your answers for as many exam papers as you can find, spending five or ten minutes on each paper.

This will also train you to plan quickly in the exam.

## 6. POST ITS

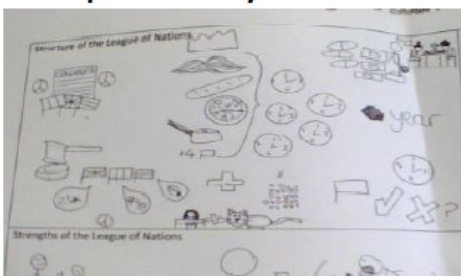
Write key quotations, equations, or facts onto post it notes and stick around your room as a reminder.

You can also rearrange these to plan answers or group together information.

## 7. DOODLES

Transform your notes into small sketches and doodles to break up long texts or concepts.

**Example: History**



## 8. MINDMAPS

Start by writing a key word or question in the middle of the page. Stemming from that, write down as much information as you can remember relating to that topic.

You can then reorganise these notes into an essay plan.

# Making the most of additional support

## Extended support

Subject teachers run extended support sessions all year; students are invited to attend and it is expected that they will do so. Spending some time with subject teachers in smaller groups is proven to have a positive impact on students' progress. Ultimately, spending some time at lunch or after school in extended support, could have a big impact on the outcome of your GCSE's. There is information on when and where extended support is available, in every classroom. You are encouraged to attend as many sessions as possible, especially at this crucial point in the academic year!

## Easter Revision Sessions

Over the Easter holidays subjects teachers will be running exam preparation and coursework catch up sessions. The two week break is a great opportunity to spend some valuable time preparing for the GCSE exams which will begin in the summer term. Information on sessions run by subject teachers can be found on the following page, please come along and make the most of this valuable opportunity.

## Pre-exam Warm-up sessions

There will be short warm up sessions run by subjects teachers before some of the GCSE exams in the summer term—attending these sessions will give you the valuable opportunity to ask any final questions you might have before the exam, as well as warming up your brain, ready to make use of it in the exam! Information on warm ups will be available nearer the time.

As always, please do not hesitate to contact a member of the Pupil Premium Team should you have any questions or concerns. You may contact us via e-mail at [jhunnybun@brookvalegroby.com](mailto:jhunnybun@brookvalegroby.com) (Miss J Hunnybun, Pupil Premium Achievement Mentor) or [klee@brookvalegroby.com](mailto:klee@brookvalegroby.com) (Ms K Lee, Assistant Head Teacher) or via telephone on **0116 2879921**.

**We are always happy to help, in whatever way we can...**